



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Governor Hoeven Proclaims *Women's Health Week* in North Dakota

BISMARCK, N.D. – Governor John Hoeven has proclaimed May 14 through 20, 2006, as *Women's Health Week* in North Dakota.

Women's Health Week is observed annually to promote awareness of what women can do to prevent illnesses and death.

“Women’s health remains a priority for families, communities and governments,” Hoeven said. “*Women's Health Week*, which begins on Mother’s Day, is a perfect opportunity to encourage moms, aunts, sisters, spouses and best friends to visit a health-care professional for preventive services and screening.”

The top three causes of death among women are heart disease, cancer and stroke. Heart disease – the number one killer of American women – kills more women than men each year. Cancer is the second leading cause of death, with lung cancer being the top cancer killer, followed by breast cancer and colorectal cancer. Stroke is the number three killer of American women; each year, 30,000 more women than men have strokes.

“Since many of the leading causes of death among women can be prevented or treated if the warning signs are caught early, a reminder from loved ones to get a regular health checkup is one of the nicest gifts a woman can receive,” said State Health Officer Terry Dwelle, M.D. “Receiving regular health check-ups, being physically active, eating a healthy diet, not smoking, and following general safety rules are five health habits for improving women’s health.”

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Visit the health department home page at www.ndhealth.gov.

Information about recommended screenings and tests for both women and men can be found at www.4woman.gov/tools/. The prevention guide, "A Lifetime of Good Health: Your Guide to Staying Healthy," is available at www.4woman.gov/pub/PG.htm or can be ordered by calling 800.944.WOMAN (9662).

For more information about *Women's Health Week*, contact Kim Senn or Deb Arnold, North Dakota Department of Health, at 701.328.2493.

PROCLAMATION
WOMEN'S HEALTH WEEK
May 14 – 20, 2006

WHEREAS, Women's Health Week celebrates the extraordinary progress in women's health and recognizes the long-term commitment to safeguard the health of women for generations to come; and

WHEREAS, women from all walks of life and at every stage of life have unique health needs that should be addressed in their own right; and

WHEREAS, women's health remains a priority for families, communities and government, and our commitment to keeping women healthy is stronger than ever; and

WHEREAS, many of the leading causes of death and disabling illness among women can be successfully prevented or treated if the warning signs are detected early enough; and

WHEREAS, Women's Health Week is a great opportunity to encourage moms, aunts, sisters, spouses and best friends to visit a health-care professional to receive preventive services and screenings; and

WHEREAS, North Dakotans are encouraged to work together to promote and improve the health of women and to increase awareness and understanding of women's health issues.

NOW, THEREFORE, as the Governor of the State of North Dakota, I hereby proclaim May 14-20, 2006, **WOMEN'S HEALTH WEEK** in the state of North Dakota.

John Hoeven
Governor

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